Stuff the Bus Food Drive

San Diego Food Bank shopping list of most needed items:

- ❑ Canned meats (tuna in water or chicken)
- ❑ Dry or canned beans (black, pinto, kidney/low sodium)
- ❑ Cereal (low sugar, whole grain or bran)
- ❑ Rice (brown or wild)
- ❑ Nuts and seeds (unsalted almonds, flax seeds)
- ❑ Peanut butter (no sugar added)
- ❑ Canned soup (low sodium, low fat)
- ❑ Canned fruit (packed in its own juice) or dried fruit
- ❑ Canned vegetables (low sodium or no salt added)
- ❑ Powdered milk (low or non-fat)
- ❑ Pasta (whole grain)
- ❑ Infant formula

We cannot accept any glass containers or homemade foods.

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